



Newsletter

Medical Foot Care Center



Diabetic Foot and Leg Care

Diabetes can be dangerous to your feet and legs. Diabetes puts you at higher risk for calluses, corns, bunions, blisters, ulcers and feared amputations. Why do these complications occur in the first place? Because of two key factors.

First, there is loss of feeling in the feet and legs due to high blood sugar damaging nerves (called peripheral neuropathy). And second, there is poor circulation of blood to the feet (called peripheral vascular disease).

Neuropathy occurs in about 70% of people with diabetes. If you can't feel your feet, you won't be able to notice cuts, sores or pain. The progression of nerve disease is slow and makes it difficult to detect.

If you have decreased blood circulation, your ability to heal simple wounds or infections will be compromised. If you have pain in your legs when you walk or exercise, but the pain stops as soon as you rest, you may have a condition called intermittent claudication.

Diabetes can lead to changes in the shape of your feet. The condition may start with redness, warmth and swelling. Later, bones in your feet and toes can shift or break which can cause your feet to have an odd shape. This is called Charcot Foot.

If you have concerns about diabetic foot care, please visit our website where many of your questions can be answered. If you need immediate care, please call our office for an appointment.

MEET THE TEAM



Dr. Brian Middleton, D.P.M.



Damars Daoud
Registered Nurse



Ashley Walden
Medical Assistant



Marsha Carter
Insurance Specialist



Jennifer Wells
Office Manager

Diabetes in the United States

29.1 million Americans have diabetes. That's about 1 out of every 11 people.



www.scarfreebunion.com

Medical Foot Care Center 706.802.1800 www.medicalfootcare.com



FACTS ABOUT ROME

Located in the foothills of the Appalachian Mountains, Rome is a Metropolitan Statistical Area, which encompasses all of Floyd County. At the 2010 census, the city had a population of 36,303. Rome was founded in 1834 and incorporated as a city in 1847. Rome is the largest city in Northwest Georgia and the 19th largest city in the state.

Diabetic Foot Care Guidelines

To avoid serious foot and leg problems that could result in losing a toe, foot or leg, be sure to follow these care guidelines:

▲ **Inspect your feet daily.** Check for cuts, blisters, redness, swelling or nail problems. Use a magnifying mirror to look at the bottom of your feet. Call your podiatrist if you notice anything suspicious.

▲ **Wash your feet daily in lukewarm, not hot, water.** Lukewarm is the temperature you'd use on a newborn baby.

▲ **Moisturize your feet—but not between your toes.** Use a moisturizer daily to keep dry skin from itching or cracking. DON'T moisturize between toes as this could encourage a fungal infection.

▲ **Cut nails carefully—and straight across.** Also file the edges. Don't cut nails too short since this could lead to ingrown toe nails.

▲ **Never trim corns or calluses.** No "bathroom surgery," let your doctor do the job.

▲ **Never walk barefoot.** Not even at home! You could step on something and get a scratch or cut.

▲ **Take care of your diabetes.** Keep your blood sugar levels under control,

▲ **Don't smoke.** Smoking tobacco restricts blood flow in your feet.

▲ **Get periodic foot exams.** See your podiatric foot and ankle surgeon on a regular basis for an examination to help prevent foot complications of diabetes.

Things Not To Do:

- ▲ Do not walk barefoot.
- ▲ Do not walk on hot sandy beaches or hot pavement.
- ▲ Do not apply a heating pad to feet.

Types of Diabetes



Body does not make enough insulin

- Can develop at any age
- No known way to prevent it
- Body type normal
- 5-10% of total cases



Body cannot use insulin properly

- Can develop at any age
- Most cases can be prevented
- Body type often obese
- 90-95% of total cases

**DO NOT IGNORE
ANY FOOT, TOE
INJURY OR SORE.
SEEK
MEDICAL HELP.**

Modern Technology But Old School Concern

Modern technology has advanced the field of podiatry beyond traditional methods. State of the art care at the Medical Foot Care Center is more than modern equipment. We have made the commitment to being a world-class foot care center providing the highest quality health services in a caring environment.

www.scarfreebunion.com

- Scarless Bunionectomy
- Minimally Invasive Surgery
- Peripheral Neuropathy
- Laser Treatment for Fungal Nails
- Comprehensive Diabetic Foot Care
- Fall Prevention Programs

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